

1998 California Teen Eating, Exercise, and Nutrition Survey

Table 10: Servings of Whole Grain Breads and Tortillas Eaten by California Adolescents

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

	Servings of Whole Grain Breads and Tortillas Reported, % of Adolescents		
	0	1-3	4+
Total	29	53	18
Gender			
Males	30	51	19
Females	28	56	16
Ethnicity			
White	31	51	18
African American	33	47	20
Latino	27	56	17
Asian/Other	27	59	14
Gender by Age			
Males			
12-13	26	57	17
14-15	32	48	21
16-17	33	48	19
Females			
12-13	22	61	17
14-15	28	55	18
16-17	36	52	13
Smoking Status			
Non-Smokers	44	40	16
Smokers	26	57	17
Physical Activity Status			
Regular	28	52	20
Irregular	36	56	8
Overweight Status			
Not at Risk	29	53	18
At Risk/Overweight	29	54	17

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

*** p<.001

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Table 11: Total Servings of Whole Grain Products¹ Eaten by California Adolescents

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas. Yesterday, how many bowls of cereal did you eat? What cereal did you eat the most of yesterday?

	Serving of Whole Grain Products ¹ Reported, % of Adolescents		
	0	1-3	4+
Total	28	53	19
Gender			
Males	29	50	21
Females	27	55	17
Ethnicity			
White	30	49	21
African American	32	49	19
Latino	26	56	18
Asian/Other	26	58	15
Gender by Age			
Males			
12-13	25	55	20
14-15	29	49	22
16-17	32	46	22
Females			
12-13	21	60	18
14-15	26	54	20
16-17	35	52	13
Smoking Status			
Non-Smokers	25	56	19
Smokers	41	42	17
Physical Activity Status			
Regular	27	51	22
Irregular	34	57	9
Overweight Status			
Not at Risk	28	52	20
At Risk/Overweight	27	55	18

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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Chi Square Test

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Table 12: Consumption of Cereal and Whole Grain Cereal by California Adolescents

Yesterday, how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

	Reported Eating Cereal, % of Adolescents		
	Any Cereal	Whole Grain Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	51	9	17
Gender			
Males	57 ***	10	17
Females	45	8	17
Ethnicity			
White	51	11 *	22 *
African American	47	7	15
Latino	51	8	15
Asian/Other	51	5	9
Gender by Age			
Males			
12-13	67 ***	10	15
14-15	59	11	19
16-17	46	8	18
Females			
12-13	55 ***	8	14
14-15	43	9	20
16-17	35	7	18
Smoking Status			
Non-Smokers	53 ***	9	16
Smokers	36	8	22
Physical Activity Status			
Regular	51	10 *	19
Irregular	48	6	12
Overweight Status			
Not at Risk	51	10	19
At Risk/Overweight	49	7	14

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

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Chi Square Test

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Table 13: Cross Tabulation of Whole Grain Consumption Among California Adolescents by Belief in the Number of Servings Needed

How many total servings of whole grain bread, tortillas and cereal do you think you should eat every day to be healthy?

Yesterday, how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry, or bran bread and bagels or whole wheat tortillas, but not flour or corn tortillas.

Yesterday, how many bowls of cereal did you eat?

What cereal did you eat the most of yesterday?

		Believed Number of Servings, % of Adolescents	Servings of Whole Grain Products ¹ Eaten, % of Adolescents			
			0	1-3	4+	
Servings of Whole Grain Believed to be Needed	0-1	9	35	60	6	***
	2-3	38	37	55	8	
	4+	53	21	50	29	

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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Chi Square Test

*** p<.001

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Table 14: Belief by California Adolescents About the Number of Servings of Whole Grain Breads, Tortillas and High Fiber Cereal Needed Each Day for Good Health

How many total servings of whole grain bread, tortillas and cereal do you think you should eat every day to be healthy?

	Servings of Whole Grain Products ¹ Believed Needed, % of Adolescents	
	3 or Less	4+
Total	47	53
Gender		
Males	45	55
Females	49	51
Ethnicity		
White	39	61
African American	54	46
Latino	54	46
Asian/Other	53	46
Gender by Age		
Males		
12-13	45	55
14-15	42	58
16-17	48	52
Females		
12-13	42	58
14-15	49	51
16-17	57	43
Smoking Status		
Non-Smokers	46	54
Smokers	54	46
Physical Activity Status		
Regular	45	55
Irregular	56	44
Overweight Status		
Not at Risk	46	54
At Risk/Overweight	49	51

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

¹ Includes whole grain bread and tortillas and high-fiber cereal.

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Table 15: Servings of Beans Eaten by California Adolescents

Yesterday, how many servings of beans did you eat? This would include kidney beans, refried beans, chili beans, black beans, bean soup, bean salad, or lentils.

	Servings of Beans Reported, % of Adolescents	
	0	1+
Total	55	45
Gender		
Males	55	45
Females	55	45
Ethnicity		
White	59	41
African American	74	26
Latino	43	57
Asian/Other	67	33
Gender by Age		
Males		
12-13	51	49
14-15	60	39
16-17	54	46
Females		
12-13	53	47
14-15	54	45
16-17	57	43
Smoking Status		
Non-Smokers	54	46
Smokers	64	36
Physical Activity Status		
Regular	54	46
Irregular	59	41
Overweight Status		
Not at Risk	55	45
At Risk/Overweight	57	43

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